

GOLDEN GAZETTE

A Monthly Newspaper for Senior Adults in the Fairfax Area

FEBRUARY 2006

Serving Seniors for 29 Years

VOL. 29, NO. 10



Rob Gehring, chairman of the Fairfax Area Commission on Aging, presents Fran McWhorter with a certificate of appreciation. McWhorter was acknowledged for her 10 years of dedicated service to seniors, both as the at-large representative and as chair. (Photo by Roseann Tergis)

Medicare Part D Drug Plan Puzzle

Many low-income Medicare beneficiaries residing in the Northern Virginia area have reported puzzling results to their initial attempts at obtaining their needed medications by using the new Medicare Part D drug plans. Under the new Part D rules, low-income beneficiaries with both Medicare and Medicaid coverage, known as full dual eligibles, were supposed to be seamlessly transitioned from receiving their medications under the state Medicaid program to receiving their medications from an automatically assigned plan from the federal government. The first week of the program has proven to be anything but successful.

The local Virginia Insurance Counseling & Assistance Program (VICAP) reports receiving many calls from frustrated seniors and their families. The VICAP program also has received complaints from senior housing staff members, social workers, and local pharmacists.

The various problems originate from many Medicare beneficiaries not receiving the drug plan documents necessary to be identified as a drug plan member. Medicare claimed that beneficiaries could secure their medications under a variety of scenarios, as long as they presented minimal identification, such as their Medicare card and their Medicaid card, or presented one of the enrollment acknowledgment letters from Medicare or the Medicare-approved drug plan. So far, it has not worked well.

Medicare officials have explained that these problems are typical in the initial weeks of any

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This is an abridged version with links to senior centers and county tours. Policy prohibits publishing the ads that are included in the print version.

If you would like to receive the print version on a monthly basis, please e-mail kathy.wilson@fairfaxcounty.gov. It's free! Large-print and recorded formats also are available.



GOLDEN GAZETTE

Published by the

COUNTY OF FAIRFAX, VIRGINIA

Department of Family Services

FAIRFAX AREA AGENCY ON AGING

12011 Government Center Parkway

Suite #708

Fairfax, VA 22035-1104

Telephone: 703-324-5411

Toll-Free: 1-866-503-0217

TTY: 703-449-1186

FAX: 703-324-3583

Web Site: www.fairfaxcounty.gov/aaa. The Golden Gazette is online.

The *Golden Gazette* is a free, monthly newspaper dedicated to serving persons age 60 and over in Fairfax County and the cities of Fairfax and Falls Church.

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Publication of advertising contained herein does not constitute endorsement.



To comply with the Americans With Disabilities Act, the *Golden Gazette* is available in large-print and recorded formats. Call **703-324-5633** to request an alternative format.

DEADLINES

ALWAYS the first of the month a month in advance (for ads, ad payments, and announcements).

The next deadline is March 1 for the April issue.

ADDRESS ADDITIONS/CORRECTIONS AND CONTRIBUTIONS

Although the *Golden Gazette* accepts limited paid advertisements, reader contributions are critical to ensure continuation of the publication. We are very grateful to all of you who do send contributions, regardless of the amount (the average contribution is about \$7.00). **Please note that contributions are entirely voluntary.**

If you have an address change, are receiving duplicates, or if you would like to make a contribution, please complete the form below and mail to: ***Golden Gazette, Area Agency on Aging, 12011 Government Center Parkway, Suite 708, Fairfax, VA 22035-1104.*** Checks should be made payable to **Fairfax County**. Please list your current address below or attach your mailing label and check the appropriate lines. If you prefer to call about address changes, the number is **703-324-5633**.

_____ Contribution check attached.

_____ I am **NOT** currently on your mailing list. Please add my name and address.

_____ I am already on your mailing list.

_____ I am moving. My new address in the Fairfax area will be:

NAME _____

CURRENT ADDRESS _____
Zip: _____

NEW ADDRESS (if applicable) _____
Zip: _____

TELEPHONE (in case we have a question) _____

The names and addresses of persons receiving the *Golden Gazette* are subject to disclosure pursuant to the Virginia Freedom of Information Act, VA Code Sec. 2.1-340 thru 346.1. Inquiries or complaints concerning this policy should be directed to the Fairfax Area Agency on Aging, 12011 Government Center Parkway, #708, Fairfax, VA 22035-1104.

The Fairfax Area Agency on Aging contracts with Southern Maryland Printing in Waldorf, MD, for printing and mailing services.

Commission on Aging Monthly Meeting

The Fairfax Area Commission on Aging (COA) will meet on **Wednesday, February 15, 1:00 p.m.**, at Supervisor Bulova's office, Braddock Hall (adjacent to the Kings Park Library, 9002 Burke Lake Road, Burke). A public comment period is held at the beginning of each meeting. (Note: The COA meets on the third Wednesday of each month, **except August**.)

Call **703-324-7746** for information or to be placed on the mailing list. If you need a sign language interpreter or any special accommodation or auxiliary aid, please call the Fairfax Area Agency on Aging at **703-324-5411** (voice) or **703-449-1186** (TTY) at least five working days in advance of the meeting. There is no charge for these services.

TWO VIRGINIA ANTIQUES SEMINARS AND DAY TRIPSCHEDULED FOR SPRING 2006

Two seminars on Virginia antiques, English furniture as a precursor of style and Winchester furniture, are planned in March at the McLean Community Center. A curator-led day trip to Winchester's new Museum of the Shenandoah Valley is planned for April 2006.

Registration began in mid-January, so reservations should be made immediately. Visit the Web site at www.mcleancenter.org. (Seminars are under "Adult Classes" and the trip is under "McLean Traveler.") For additional information, call Maggie Shea, at the McLean Community Center at **703-790-0123** or contact Francine Proulx, at **703-395-7015**, or by e-mail at fpappraisals@hotmail.com.

March 21. 7:30-9:00 p.m. ***Exploring the Wellspring of English Furniture Style.*** This seminar will look at English furniture from early 17th century to early 19th century as a major reference for American cabinetmakers. This presentation explores the stylistic evolution of English furniture of the period, particularly in Virginia.

The presenter is Colin Cochrane, a noted expert in English and European furniture. He is a former deputy director of Sotheby's and teaches at the Corcoran Museum of Art and College of Art & Design and the Smithsonian. McLean Community Center Course: 1996.360. \$30/McLean resident; \$35/nonresident.

March 28. 7:30-9:00 p.m. ***His Drawing Room Is One of the Most Genteel I Ever Saw.*** This seminar highlights the 18th and 19th century furniture from Winchester, Virginia, often dismissed by furniture scholars as regional versions of high-style Philadelphia pieces.

The presenter is Ann Steuart, Curator of Collections and Landscape at Tudor Place. She has a master's degree in American Decorative Arts from the Smithsonian/Parson's School of Design. McLean Community Center Course: 1997.360; \$30/McLean resident; \$35/nonresident.

April 4. 8:15 a.m.-5:30 p.m. ***Museum of the Shenandoah Valley: A Curator's View.*** This day trip features lectures and curator-led tours at the new Museum of the Shenandoah Valley in Winchester. The building, designed by internationally recognized architect and modern decorative arts designer, Michael Graves, houses an exquisite collection of English and Shenandoah Valley furniture, as well as quilts, pottery, decorative arts, plus a unique collection of 18th and 19th century furniture miniatures. Glen Burnie, the Wood and Glass families' estate that contains both English and Virginia antiques, also will be toured. McLean Community Center; Day Trip: 1018.360; \$130/McLean resident; \$135/nonresident.



Chocolate Lovers Festival

February 4-5

The City of Fairfax will hold its annual Chocolate Lovers Festival on February 4-5. Advance "Taste" Tickets, Valentine packs, including five taste tickets are available. Valentines are \$5 each until February 3 from the City of Fairfax Community Relations Office, 10455 Armstrong Street, **703-293-7120**. Items subject to availability. Valentines with free taste tokens will be sold for \$7 at Old Town Hall.

Here are some of the featured events:

- ♥ Taste of Chocolate—sample and purchase delicious chocolate creations
- ♥ Chocolate Challenge—featuring original chocolate sculptures and raffle prizes
- ♥ Pancake Breakfast
- ♥ Craft Show & Bake Sale
- ♥ Children's Activities
- ♥ Open House at historic buildings, including the Fairfax Museum, Ford Building, Legato School, and Ratcliffe-Allison House
- ♥ The bicentennial edition of the *Chocolate Lovers Cookbook* is on sale for \$10.

For more information, visit www.chocolatefestival.net or call **703-385-1661**.

new program, but beneficiaries and their representatives are becoming impatient and frustrated. One senior housing staff member called to report that 80% of the residents in her building were dual eligible Medicare beneficiaries, and they have been mostly turned away from many pharmacies because of the complexity in dealing with the plan verification problems. A local social worker reported that a married couple had their plan notification letters from Medicare proving in which plans the couple had been enrolled and were still unable to secure their necessary medications from their local pharmacy. Reports from other jurisdictions have noted patients going to hospital emergency rooms for treatment for complications arising from no longer having medications to treat their serious health conditions.

The main problem appears to be the failure of the Medicare program to properly prepare local pharmacies about this very complicated program. Our local VICAP coordinator and a member of his staff visited local pharmacies to investigate this problem. It appears that the majority of the problems stem from the inability of the pharmacists to verify into which plan a person has been enrolled. If a customer had no proof of being a member in a plan, or even if they had some minimal proof, the pharmacist had to either make phone calls or access a computer Web site to determine who would be responsible for paying for the customer's medications. In almost all cases, the pharmacist experienced either long wait times on their phone inquiries when the phone line was not busy or computer Web sites that were unable to handle the deluge of online inquiries. The net result was seniors leaving the pharmacy with their medications only after paying a large deductible or copayments, even though federal officials assured them that they would receive financial assistance relieving them of that burden. They may get reimbursed from the drug plan for their out-of-pocket costs. They were the lucky customers. Unfortunately, many went

home empty-handed since they did not have the means to pay for their drugs. The low-income dual eligible patient should only pay between \$1-\$3 for each medication. Many have been told that they would need to pay full retail price until the chaos has been resolved, but they are simply too poor to afford it!

If you are experiencing any of these problems, you need to be persistent and patient. You should continue to contact Medicare, your drug plan or your pharmacy to try to resolve the problem.

The Fairfax Area Agency on Aging has been contacted by members of the local congressional delegation and they are interested in the plight of their constituents. If you have any valid comments about this program, whether good or bad, please address them to your elected federal officials. They may not be able to provide direct assistance to you, but they are the only persons who can evaluate the success of this program and make any changes to it. (See p. 5 for Congressman Tom Davis's Town Hall meeting schedule.)

Register for Ombudsman Program's New Listserve

The Northern Virginia Long-Term Care Ombudsman Program's new Listserve is a free electronic subscription of information on aging issues and concerns. Here's how to subscribe:

1. In the top left corner under "e- Services," click on "e-mail subscriptions."
2. Then enter your e-mail address.
3. Scroll down to "Health and Human Services" and click in the first of the two circles listed for the Ombudsman Program Long-Term care issues and concerns. This will start your subscription.
4. Scroll down to Number 3; click continue.

Town Hall Meetings

Congressman Tom Davis is hosting a Town Hall event near you. There are three dates and seven locations. This is your opportunity to let the congressman know what issues are most important to you and your family.

* **THURSDAY, JANUARY 26**

Lorton, 7:30-9:00 p.m.

Lorton Station Elementary School
9298 Lewis Chapel Road

* **SATURDAY, JANUARY 28**

Falls Church, 9:00-10:30 a.m.

Belvedere Elementary School
6540 Columbia Pike

Fairfax, 11:00 a.m.-12:30 p.m.

Fairfax City Hall, Room 305
10455 Armstrong Street

Bristow, 1:30-3:00 p.m.

Marstellar Middle School
14000 Sudley Manor Drive

* **SATURDAY, FEBRUARY 4**

Vienna, 9:00-10:30 a.m.

Vienna Town Hall
127 Center Street South

Fairfax Station, 11:00 a.m.-12:30 p.m.

Fairview Elementary School
5815 Ox Road
Fairfax Station

Prince William, 1:30-3:00 p.m.

Prince William County McCoart Building
1 County Complex Court

For more information about the Town Hall meetings, call one of Congressman Davis's offices:

- Annandale: 703-916-9610
- Washington, DC: 202-225-1492
- Prince William: 703-590-4599

HEALTH INSURANCE QUESTIONS?

Call the Virginia Insurance
Counseling & Assistance
Program (VICAP) at

703-324-5851.

Donating Books to the Library

The Fairfax County Public Library encourages residents who receive bestselling books as holiday presents to keep the books moving through the community after they've read them. The library welcomes donations of gently-read books for all ages.

"Many times the library has a waiting list for high-demand books that are typically received as holiday gifts," explains Julie Pringle, who directs the library's Collection Management and Acquisitions department. "When the public donates popular books to the library, it gives more people a chance to read them sooner."

The library often has hundreds of readers on waiting lists. Due to budget restrictions, the library can't buy the number of books it would take to fully satisfy avid Fairfax County readers who check out library books more than 11 million times a year. Selecting books for the library system requires staff to estimate which newly published offerings may have a longer shelf-life and satisfy a wider audience, and which may only enjoy a short burst of popularity due to being featured on a TV show or associated with a celebrity.

Donations of these types of books can be put on library shelves while demand is hot, or offered in the used book sales run by Friends of the Library. Proceeds from used book sales help fund library events for children, teens, and adults.

For more information on donating books to the library, check the Web site at www.fairfaxcounty.gov/library or call your local library.

Need Healthy Adults 65 & Older

The ARCH Lab at George Mason University, Fairfax campus, needs healthy adults 65 and older to participate in behavioral studies on memory and attention. Volunteers will be compensated \$15/hour for 3-5 hours of testing. Call **703-993-9491** and press 1 for the Genetics Study. Please leave your name, age, and phone number.

BARBARA SOUVE—VOLUNTEER OF THE MONTH

by Retha Lockhart, Volunteer Services Coordinator

Volunteer Barbara Souve says, "My volunteering experience has brought me a life-time friend and role model. I have been blessed by this unique friendship that would not have happened had I not volunteered. I highly recommend the volunteer experience as you will receive rewards often unimaginable."

The program that allowed her to have this opportunity is Friendship, Senior. Browsing the Internet in 1998, Barbara found the Area Agency on Aging's volunteer programs. Her intent was to find an older person and develop a mutual friendship, and the Friendship, Senior program fit the bill. Barbara was matched with Ms. L. and they have become very close friends. They enjoy going out to dinner, watching videos, celebrating holidays and birthdays, and going to movies and parties.

Barbara was born in Washington, DC, lived in Nyack, New York, and then returned to Washington. She has one brother. While she was in 7th and 8th grades, she volunteered at a local intermediate school by helping with the mentally challenged children. She graduated from W.T. Woodson High School and then attended James Madison College, now James Madison University. She received a business degree in 1977. Recently she continued her education by completing an associate degree in the Science of Nutrition through a home-study program.

Barbara has worked for AT&T for over 28 years. She is a communications technician in the government sector and works in the Oakton area.

She enjoys working out, kick-boxing, walking, hiking, playing tennis, and she would like to take up golf one day. "I am definitely a cat person and I have a 10-year-old named Katie," says Barbara. She also enjoys movies, concerts, and Broadway shows.



Volunteer Barbara Souve with her friend, Ms. L.

VIRGINIA CAREGIVERS GRANT PROGRAM

The Virginia Caregivers Grant Program will provide a grant payment up to \$500 to caregivers who provided unreimbursed care to a needy relative at least six months during the previous calendar year and who meet the following criteria:

- The caregiver must have no more than \$50,000 in annual earnings.
- The relative receiving the care must be dependent in at least two activities of daily living as defined in the *Virginia Uniform Assessment Instrument User's Manual*, July 2005.
- A physician must certify that the relative receiving care meets these criteria.
- In addition, the relative receiving care must not be receiving a Medicaid-funded long-term care service other than on a temporary or periodic basis.

Grant applications will be accepted from February 1 to May 1. Grant awards will be made after May 1, 2006.

For more information or an application, please call Adult and Aging Services, Information and Assistance, at **703-324-7948**, TTY 1-866-503-0217.

TWO DECADES OF CARING



In December 2005, Ty Simpson (*second from the left*) was thanked for his advocacy service as a Volunteer Ombudsman at Iloff Nursing and Rehabilitation Center during a lunch in his honor. Stepping down after 20 years, Ty was in the first volunteer training class conducted by the Northern Virginia Long-Term Care Ombudsman Program. Here he is congratulated by Iloff staff: (*left to right*) Emily Pollon, Director of Activities; Susan Spiegel, Business Office Manager; and Denny Dennis, Administrator.

Valentine's Verse Contest

Capture the Essence of Love

Win a Romantic Cruise for Two

WHAT: Win a romantic cruise for two by entering a national Valentine's Verse contest sponsored by Old Country Buffet, Alexandria.

WHEN: Contest ends February 10. For more details on the contest and to enter, visit www.buffet.com. The winner will be announced online February 14, 2006.

FREE LUNCH: Tuesday, February 14, Valentine's Day; 11:00 a.m. to 3:30 p.m. Old Country Buffet, Alexandria, is honoring couples married 50 years or more with a free lunch. To qualify for the free lunch, couples must show a copy of their marriage license. In addition, all "sweetheart couples" and families can get a free photo taken on Valentine's Day.

WHERE: Old Country Buffet, 7820 Richmond Highway, Alexandria. **703-619-9557**

Forever Young TV

You're in the prime time of life: traveling, learning, staying fit, and participating in local and national organizations. You may be retired, but you're definitely not the "retiring" type. Finally, there's a TV show just for you! On "Forever Young," you'll keep up with exciting new activities and resources available to you and meet other dynamic people who share your zest for life.

"Forever Young" appears on Fairfax County Cable Channel 10 every Sunday evening at 9:30 p.m., Monday afternoons at 3:00 p.m., Wednesday afternoons at 4:30 p.m., and Thursday mornings at 9:30 a.m. It is coming soon to other local cable TV channels, including Arlington County, Montgomery County, and Prince George's County.

Join Host/Producer Jim Seeley and guests who have appeared on "Forever Young" for lunch on the first Monday of each month at 12:30 p.m., in the private dining room of the Old Country Buffet, located in the Fair City Mall in Fairfax (corner of Rt. 236 and Pickett Road).

To be notified about upcoming shows and other updates about Forever Young TV, just send your e-mail address and/or mailing address to JSeeley@aol.com.

If you have an idea for an upcoming episode of Forever Young TV or can recommend a dynamic guest for our program, please e-mail JSeeley@aol.com or call **703-655-4205**.

SENIOR CENTER HIGHLIGHTS



These programs are administered by the Department of Community & Recreation Services, with the exceptions of the City of Fairfax and the City of Falls Church senior centers and the Gum Springs Community Center. If participation accommodations are needed in accordance with the Americans With Disabilities Act, please call 703-324-5544 or TTY 703-222-9693 at least 10 working days in advance of the event. **All events are free unless otherwise noted.** The symbol RR means reservations are required. These are just a few of the activities offered. Call the center nearest you for a complete listing or if you have questions. The Senior Centers will be closed on Monday, February 20.

Bailey's
Bailey's Community Center
5920 Summers Lane
Bailey's Crossroads, VA 22041
Phone: 703-820-2131

Wednesdays 10:00 a.m., Chair Exercise With Mindy. \$5/8-Week Session.
 Mon. 2/13 11:00 a.m., Valentine's Day Party.
 Wed. 2/22 1:00 p.m., Black History Celebration With Music/Video.
 Mon. 2/27 12:30 p.m., February Birthday Celebration.

City of Fairfax
4401 Sideburn Road
Fairfax, VA 22030
Phone: 703-359-2487

Send in your favorite recipe by
 February 17 for our 1st Senior
 Center Cookbook.

Tuesdays 10:00 a.m., Easy Strength Training With Judy Kautter. \$10/Month.
 { Tuesdays & 1:00-3:00 p.m., Pickle-Ball. Newcomers and Novices
 Thursdays Welcome.
 Thur. 2/9 10:00 a.m., Trip to Smithsonian Museums and WWII Memorial. Lunch on Own. (RR)
 Mon. 2/13 10:30 a.m., Young at Heart Valentine's Day Party. Potluck.

City of Falls Church
223 Little Falls Street
(Next to City Hall)
Falls Church, VA 22046
Phone: 703-248-5020/5021

Note: Blood pressure screenings are held the 2nd and 4th Tuesdays of the month, 10:00-11:30 a.m.

Fri. 2/3 10:00 a.m.-12:00 p.m., Military History Group. (RR)
 Tue. 2/7 1:30 p.m., *Life is a Bowl of Cherries—What Do You Do With the Pits?* by Deb Sabatino. (RR)
 Fri. 2/10 11:00 a.m.-12:00 p.m., Sing-along With Chris Edwards.
 Mon. 2/13 12:30-2:30 p.m., Lunch Bunch to the Silverado. (RR)
 Tue. 2/14 12:30-2:30 p.m., Valentine's Day Party. (RR)
 Fri. 2/17 10:00 a.m.-12:00 p.m., Military History Group. (RR)
 Fri. 2/24 10:30-11:30 a.m., Armchair Travel to Chile and Easter Island. (RR)
 Mon. 2/27 10:15 a.m.-1:00 p.m., National Air and Space Museum, Steven F. Udvar-Hazy Center. (RR)

Franconia/Springfield
***6300 Beulah St.**
Alexandria, VA 22310
Phone: 703-924-9762

***Note new street address.**

Tuesdays 10:00 a.m., Looking for New Bridge Players—All Levels!
 Wednesdays 11:00 a.m., Strength Training With Anne.
 Thursdays 12:30 p.m., English as a Second Language (ESL) With Terri.
 Fridays 10:30 a.m., Country Line Dancing With TJ.
 Fridays 12:30 p.m., Bingo.

Groveton at South County
8350 Richmond Highway
Ste. 325
Alexandria, VA 22309
Phone: 703-704-6216

Wednesdays 10:30 a.m., Bridge.
 Wednesdays 12:30 p.m., Computer Lab.
 Thursdays 1:00 p.m., Conversational Spanish With Julia.
 Mon./Wed. 10:00 a.m., Ballet & Stretch.
 Mon.-Fri. 10:00 a.m.-2:00 p.m., Gift Shop.

S E N I O R C E N T E R

Gum Springs
Gum Springs Community Center
8100 Fordson Road
Alexandria, VA 22306
Phone: 703-360-6088

Mondays	10:00 a.m., Sewing and Quilting.
Tuesdays	10:30 a.m., Ceramics.
Wednesdays	10:30 a.m., Shopping/Bowling (Alexandria Bowling Center).
Thursdays	1:00 p.m., Bingo.
Fridays	10:00 a.m., Low-Impact Exercise.

Herndon Senior Center
873 Grace Street
Herndon, VA 20170
Phone: 703-464-6200

Mon. 2/6	10:45 a.m., Birthday Card Workshop. \$1. (RR)
Wed. 2/8	1:00 p.m., Advisory Council Meeting. All Welcome.
Tue. 2/14	12:45 p.m., Sweetheart Party With Love Songs from the Movies by Songstress Linda Kellner.
Thur. 2/23	10:30 a.m., Ballroom Dancing.
Tue. 2/28	10:00 a.m.-2:00 p.m., Mardi Gras Day.

Hollin Hall
1500 Shenandoah Road
Alexandria, VA 22308
Phone: 703-765-4573

Mon./Wed./Fri.	2:00 p.m., Billiards Plus Friendship.
Wednesdays	8:15 a.m., Advanced Tai Chi.
Tue. 2/7	1:00 p.m., New Series! <i>Lighthouses Across America</i> With Patti. (RR)
Mon. 2/13	1:00 p.m., Valentine's Day Ball With DJ Steve. Refreshments Served. (RR)
Fri. 2/17	10:30 a.m., <i>New York in Film</i> . (RR)
Mon. 2/27	10:00 a.m., Military History: <i>The War of Our Childhood</i> With Wolfgang Samuel.

James Lee
James Lee Community Center
2855 Annandale Road
Falls Church, VA 22042
Phone: 703-534-3387

Mon.-Fri.	9:00 a.m.-12:00 p.m., Fitness Center.
Mon.-Fri.	10:00 a.m.-2:00 p.m., Rummikub Club.
Mondays	12:30 p.m., Hawaiian Dance Class. (RR)
Tuesdays	9:00 a.m.-12:00 p.m., Bridge.
Tuesdays	10:30 a.m., Beginner's Line Dancing. (RR)
Wednesdays	10:30 a.m., Sewing.
Wed. & Fri.	12:30 p.m., Tai-Chi. (RR)
Thursdays	10:30 a.m., Advanced Line Dancing. (RR)

Lewinsville
1609 Great Falls Street
McLean, VA 22101
Phone: 703-442-9075

Mon. 2/6	12:30 p.m., Fairfax County Fire Dept., <i>Fire Safety Trivia</i> .
Mon. 2/13	11:30 a.m.-12:30 p.m., Valentine Party.
Tue. 2/14	11:45 a.m., CVS Presents <i>Heart Health & Blood Pressure Checks</i> .
Thur. 2/16	10:00 a.m.-12:00 p.m., Blood Pressure Checks & Glucose Screening (fast for 2 hours).
Tue. 2/28	11:30 a.m.-12:30 p.m., Mardi Gras Party. (RR for lunch)

Lincolnia
4710 North Chambliss St.
Alexandria, VA 22312
Phone: 703-914-0223

Tuesdays	10:00 a.m., Join Dan and Square Dance With the Gang. \$.
Thursdays	Duplicate Bridge. No Partners Required—Drop in. \$2.
Tue. 2/7	10:30 a.m., CVS Presents <i>What You Need to Know About Arthritis</i> . (RR)
Tue. 2/14	10:30 a.m.-12:00 p.m., Blood Pressure Screening (Walk-in).
Fri. 2/17	1:00 p.m., Birthday Celebration/New Member Welcome. Floyd Andrews as Entertainment.

HIGHLIGHTS CONTINUED

Little River Glen
4001 Barker Court
Fairfax, VA 22032
Phone: 703-503-8703

**Blood Pressure Check, 10 a.m.,
 2nd & 4th Fridays.**

Mondays 1:00 p.m., Book Club.
 Tuesdays 2nd & 4th, 11:00 a.m., Support Group With Frances.
 Wed./Fri. 9:00 a.m., Bridge.
 Fri. 2/10 10:00 a.m., VIB (Visually Impaired/Blind) Adult Support Group.
 Wed. 2/22 1:00 p.m., Woody Siebert on Ladies Bands.

Lorton
7722 Gunston Plaza
Lorton, VA 22079
Phone: 703-550-7195

Wed. 2/1 10:00 a.m., Trip to the DAR Museum With Tour. \$. (RR)
 Tue. 2/7 12:30 p.m., Information on Reverse Mortgages. (RR)
 Tue. 2/14 12:30 p.m., Friendship Soup Social. Entertainment. (RR)
 Fri. 2/17 10:00 a.m., *That Oldies Place* With DJ Steve/February Birthday Celebration. (RR)
 Tue. 2/21 12:30 p.m., Enjoy Sinatra Tunes by Brian Rudolf. (RR)

Pimmit Hills
7510 Lisle Avenue
Falls Church, VA 22043
Phone: 703-734-3338

Mon. 2/6 11:00 a.m., Jazzercise Class.
 Fri. 2/10 1:00 p.m., Line Dancing Class.
 Wed. 2/15 11:00 a.m., Popcorn & Classic Movie. \$.
 Wed. 2/22 10:30 a.m., Bingo Games. \$1.
 Fri. 2/24 1:00 p.m., Asian Arts Class. \$2. (RR)

Sully
5690 Sully Road
Centreville, VA 20124
Phone: 703-322-4475/4479

Mon. 2/6 10:30 a.m., Exercise Senior Style.
 Wed. 2/8 10:30 a.m., Chair Jazzercise With Jennifer.
 Thur. 2/9 10:00 a.m.-2:00 p.m., Valentine Party at Franconia Moose Lodge.
 Fri. 2/10 12:45 p.m., Valentine Bingo.
 Tue. 2/14 10:30 a.m.-12:00 p.m., Sweet Music for Valentine's Day.
 Tue. 2/21 12:30 p.m., Fairfax County Fire & Rescue Program.
 Wed. 2/22 10:30 a.m., Tai Chi Class With Bernadette.

Wakefield
Audrey Moore RECenter
8100 Braddock Road
Annandale, VA 22003
Phone: 703-321-3000

Thur. 2/9 10:00 a.m., Moose Lodge Party. Wear Red. \$1 Lunch. (RR)
 Tue. 2/14 12:30 p.m., Valentine's Day Social.
 Wed. 2/15 11:30 a.m., Amy Presents *Exercise for Health*.
 Wed. 2/22 12:30 p.m., Presidential Trivia. (RR)
 Fri. 2/24 12:30 p.m., Wakefield's 19th Birthday Celebration.

Additional Locations for Meals/Other Activities

David R. Pinn Community Center
10225 Zion Drive
Fairfax, VA 22032
Phone: 703-250-9181

Huntington Community Center
5751 Liberty Drive
Alexandria, VA 22303
Phone: 703-960-1917

FREE HOME REPAIRS

Fairfax County's Home Repair for the Elderly Program provides free home repairs to homeowners who are 62 or older, and/or disabled; and have a maximum income of \$40,600 for 1 person, or \$46,400 for 2 persons.

Typical services include:

- Minor electrical repair
- Plumbing work
- Painting
- Repairing steps, floors, etc.
- Minor accessibility modifications

Fairfax County Residents - Apply now for **FREE REPAIRS**

Call 703-246-5154 TTY: 703-385-3578



AARP Tax-Aide Program Sites

FEBRUARY 1-APRIL 15

Here's the list of tax assistance sites that was published in last month's issue. The majority of the sites operate on a walk-in basis. Appointments are required at some locations. For more information, call **1-888-227-7669** (AARP NOW) or visit the Web site at www.aarp.org/taxaide.

Note: This year, all tax returns will be filed electronically. All taxpayers MUST bring government-issued picture IDs and Social Security cards for all persons included on the tax return.

Extended Operation Site/Walk-In Clients

Mason District Government Center

6507 Columbia Pike, Annandale
Tue., Wed., Fri., 9:30 a.m.-1:00 p.m.
Mon. & Thur., 1:00-8:30 p.m.
Sat., 9:00 a.m.-12:00 p.m.

Sherwood Regional Library

2501 Sherwood Hall Lane, Alexandria
Mon.-Sat., 10:00 a.m.-2:00 p.m.
Tue. & Thur., 5:00-8:00 p.m.

SunTrust Bank of Vienna

515 Maple Ave., Vienna
Mon.-Fri., 10:00 a.m.-2:00 p.m.

Other Sites

Centreville Regional Library

14200 St. Germaine Dr., Centreville
Tue., Thur., & Sat., 10:00 a.m.-2:00 p.m.
Walk-In Clients

Columbia Branch Library

816 S. Walter Reed Dr., Arlington
Tue., 1:00-8:00 p.m.
Thur. & Sat., 10:00 a.m.-2:00 p.m.

Culpeper Garden Senior Center

4435 N. Pershing Drive, Arlington
Tue. & Fri., 9:30 a.m.-2:00 p.m.
Appointment Required
Call 703-228-4403

Falcon's Landing Senior Residence

20225 Falcons Landing Circle, Sterling
Mon., Thur., & Sat., 1:30-4:30 p.m.
*Appointment Required
Call 703-404-5143

Greenspring Village

7442 Spring Village Dr., Springfield
Mon., 9:00 a.m.-12:00 p.m.
Thur., 7:00-9:00 p.m.
*Appointment Required
Call 703-569-4238

Manassas Senior Center

9320 Mosby St., Manassas
Mon. & Fri., 9:00 a.m.-4:00 p.m.
*Appointment Required
Call 703-792-6405

Reston Community Center

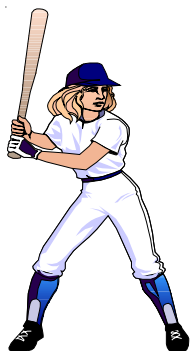
2310 Colts Neck Rd., Reston
Tue. & Sat., 9:30 a.m.-1:30 p.m.
Thur., 5:30-8:30 p.m.
Walk-In Clients

Woodbridge Senior Center

2450 Longview Dr., Woodbridge
Wed. & Thur., 9:30 a.m.-3:30 p.m.
*Appointment Required
Call 703-494-5136

The *Golden Gazette* is available in large print, recorded format, and online (www.fairfaxcounty.gov/aaa). Call 703-324-5633.

LET'S PLAY BALL!



Golden Girls of Northern Virginia

The Golden Girls of Northern Virginia, a senior women's softball league, is looking for players. Any lady over the age of 40 is encouraged to join. All skill levels are welcome. We are especially looking for players for our 70+ year- old tournament team. We play on Wednesday evenings and Saturday mornings in Vienna. For more information, please call Donna at **703-938-0387** and check out our Web site at www.goldengirls.org.

Northern Virginia Senior Softball

It's time to get in shape for spring softball! Sign up for a 7-week Indoor Conditioning Program (included in your membership fee) that begins February 21.

Northern Virginia Senior Softball (NVSS) seeks men 50+ and women 40+ (players' average age is 65) to play two 7-inning slow-pitch softball games on Tuesday and Thursday mornings, mid-April to mid-August, followed by Fall-Ball, on Fairfax County fields. NVSS has 27 teams organized into 3 skill-level conferences. Team assignments are based on your skill level.

To get the ball rolling for fun, fitness, and friendship, call Dave Scheele at **703-524-5576** or Toni Letaw at **703-938-6525**.



The Truth About Telemarketers and Cell Phones

Are you the recipient of a recent e-mail that warns that cell phone numbers are being released to telemarketing companies and that their sales calls will result in an incoming charge on your wireless phone bill? This e-mail urges you to register your wireless phone number with the National Do-Not-Call List.

According to sources at the Federal Trade Commission (FTC) and the Federal Communications Commission (FCC), the content of this bogus e-mail appears to have originated from erroneous reports that wireless carriers plan to publish a national directory of cell phone numbers that will be available to telemarketers.

In addition, one of the e-mails being circulated claims that there is a separate Do-Not-Call Registry for cell phones. This is incorrect information; there is no separate Do-Not-Call Registry for cell phones. Cell phone users have always been able to register cell phone numbers with the FTC's National Do-Not-Call List. Listing a cell phone number is unnecessary because federal law prohibits telemarketers from calling cell phones or any mobile telephone service where the called party is charged for the call.

For more information about the National Do-Not-Call Registry, visit the FTC Web site or FCC Web site. If you receive an unwanted telemarketing call on your wireless phone, you may file a complaint with the FCC.

Source: Fairfax County Office of Public Affairs, Newslink.

**TO ADD, CORRECT, OR DELETE YOUR NAME
FROM OUR MAILING LIST,
CALL 703-324-5633.**

February Is Heart Health Month

Here are some steps to take to reduce your risk of a heart attack:

High Blood Pressure

- ♥ Have your doctor check your blood pressure.
- ♥ Aim for a healthy weight.
- ♥ Become physically active.
- ♥ Follow a healthy eating plan, including food lower in salt and sodium.
- ♥ Limit alcoholic beverages.
- ♥ Take medication, if prescribed.

High Blood Cholesterol

- ♥ Get your blood cholesterol level checked once every 5 years. (Check it more often, if necessary.)
- ♥ Learn what your numbers mean.
- ♥ Follow a low-saturated fat and low-cholesterol eating plan.
- ♥ Become physically active.
- ♥ Aim for a healthy weight.
- ♥ Take medication, if prescribed.

Cigarette Smoking

- ♥ Stop smoking now or cut back gradually.
- ♥ If you can't quit the first time, keep trying.
- ♥ If you don't smoke, don't start.

Overweight

- ♥ Maintain a healthy weight. Try not to gain extra weight.
- ♥ If you are overweight, try to lose weight slowly, 1/2 to 1 pound a week.

Diabetes

- ♥ Find out if you have diabetes.
- ♥ Get your blood sugar level checked by your doctor.

Physical Inactivity

- ♥ Become physically active.
- ♥ Do 30 minutes of moderate-level physical activity, such as brisk walking, on most and preferably all days of the week.
- ♥ If necessary, break 30 minutes into periods of at least 10 minutes each.

Source: U.S. Department of Health and Human Services, Public Health Service, National Institutes of Health, National Heart, Lung, and Blood Institute. NIH Publication No. 01-3669, September 2001.

Reston Community Center's Basic Computer Skills Classes

The Reston Community Center (RCC) is offering two beginner-level computer classes targeted to people age 55 and older:

1. Fundamentals of Basic Computer Skills is designed for the complete beginner. Participants will learn how to start a computer, how to use a mouse, as well as some basic computer terminology. This 1-session class will be held:

- February 19
- March 13
- May 15.

The cost is \$15 for people who live or work in Reston and \$30 for all others.

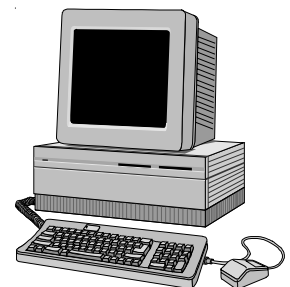
2. Basic Computer Skills is a follow-up to the Fundamentals class. Participants will learn vocabulary, computer parts, mouse exercises, basic functions of the Windows Operating System, including searching and filing documents and creating a filing system. Three 3-day sessions will be offered:

- February 22-24
- March 29-31
- May 17-19.

The cost of the class is \$45 for people who live or work in Reston and \$90 for all others.

All classes are held from 10:00 a.m. to 12:30 p.m. at the Computer Center at the Reston Community Center (lower level of the Hunters Woods Shopping Center), 2310 Colts Neck Road, Reston.

You may register either in person or by faxing a completed RCC Registration form to 703-476-2488. If you have questions regarding skill level, please call Shawonna Hughes, Senior Adult Programs Director, at **703-390-6157**. For information, directions, or to request reasonable accommodations, call **703-476-4500**; Virginia Relay 1-800-828-1120 (TTY); or visit the Web site at <http://www.restoncommunitycenter.com>.



VOLUNTEER OPPORTUNITIES

One of the best ways to spend your time is to volunteer. Everyone benefits from volunteering. The agencies receive the help they need, and the volunteers receive satisfaction from helping others.

Cluster Care, a new initiative of the Fairfax Area Agency on Aging and Adult & Aging, needs volunteers. The program serves adults age 18 and over (including seniors). Volunteers are needed to provide grocery shopping, transportation, light housekeeping, seasonal yard work, friendly visits, and other services. Call Trina Webb at **703-324-5184**.

Inova VNA Home Health is seeking volunteers with 4-wheel drive vehicles to transport nurses to homebound patients living throughout Northern Virginia during snow emergencies. Call **703-916-2885**.

The **Fairfax Area Agency on Aging's Meals on Wheels** program urgently needs volunteers to deliver meals to clients in Annandale, Baileys Crossroads, Centreville/Chantilly, Fairfax, Herndon/Reston, and Little River Glen. The job involves picking up meals at specified sites between 10:30 a.m. and 12:00 p.m., and ensuring that the meals are delivered to the clients, usually by 1:00 p.m. Drivers may choose to deliver meals weekly, biweekly, monthly or to substitute as needed. For information, call the Volunteer Intake Line at **703-324-5406**, TTY 703-449-1186, or e-mail melanie.mitchell@fairfaxcounty.gov.

The **Fairfax Area Agency on Aging's Volunteer Home Services** program needs volunteers in the Falls Church, Reston, and Route 1 areas. Volunteers assist with a variety of services to enable clients to maintain their independence while living in their own homes. Grocery shopping, light housekeeping, minor home maintenance, transportation to medical appointments, and errands are some of the services provided in this program. Volunteers are on call and help when available. Call the Volunteer Intake Line at **703-324-5406**.

The **Fairfax County General District Court** has volunteer opportunities including: interviewers, administrative support, filing, and receptionist. A commitment of 4 hours/week is requested. Bilingual volunteers also are needed. Training is provided, and schedules are flexible. Call Lorraine Lottahall at **703-246-4760**.

The **Fairfax County Public Libraries** need volunteers to deliver books to the homebound; check books in and out; assist with teen programs; teach Microsoft Word; help new Americans practice English; teach Spanish to staff; organize shelves; and garden. Opportunities are available throughout the county. Call Kate Wanderer at **703-324-8332**.

Our Daily Bread provides food and emergency financial assistance to needy families in Fairfax County. They need volunteers to work in their office in Fairfax to do data entry, filing, and bulk mailings; drivers for once-a-month emergency grocery delivery to clients; and financial mentors. Call Lisa Whetzel at **703-273-8829**.

To have a volunteer opportunity considered for this column, please e-mail or fax your submission to **Retha Lockhart** by the first of the month one month in advance.

E-mail:

retha.lockhart@fairfaxcounty.gov

Fax: 703-324-3583

Phone: 703-324-5407

SINGERS WANTED

The Wakefield Chorale, a group that shares a love for performing all kinds of music in a friendly atmosphere, is looking for men and women for its 2006 singing season.

Rehearsals are on Tuesday evenings, 7:30-10:00 p.m., at Falls Church High School, 7521 Jaguar Trail, Falls Church. Please call Dale at **703-938-8044**.

Monthly Support Groups

* **Amputee Support Group of Northern Virginia.** Meets on the 1st Tuesday of the month, 7:30-9:00 p.m., at the Telestar Court Building, 2990 Telestar Ct., Gemini Room, Falls Church. Contact Irvin Axelrod at **703-222-7120** or asgnva@earthlink.net.

* **Fibromyalgia/Arthritis Support Group.** Meets on the 2nd Tuesday of the month, 1:30 p.m., at the Pohick Library, 6450 Syndenstricker Road, Burke. Call Barbara at **703-913-0890**.

* **Mended Hearts Support Group.** Meets on the 1st Wednesday of the month, 7:30-9:00 p.m., at the Telestar Court Building, 2990 Telestar Ct., Gemini Room, Falls Church. Contact John Braddon at **703-385-9694** or jbraddon@cox.net.

* **Neuropathy Organization of Northern Virginia.** Meets on the 2nd Saturday of the month, 1:30-3:30 p.m., at 2990 Telestar Court, Falls Church. Call Mary Baldrige at **703-491-6690**, or Joanne Holman at **703-998-8143**.

* **Northern Virginia Post-Polio Support Group.** Meets on the 2nd Saturday of the month, 10:30 a.m.-12:00 p.m., at the Mason Government Center, Annandale. Call **703-560-8852**.

* **Northern Virginia Support Group of the Well Spouse Foundation (WSF).** The WSF supports spousal caregivers for the chronically ill or disabled.

The evening group meets on the 3rd Monday of the month, 7:00-9:00 p.m., in the conference room at Supervisor Bulova's office, 9002 Burke Lake Road, Burke (adjacent to the Kings Park Library). Call **703-425-2430**.

The daytime group meets on the 3rd Monday of the month, 12:00-2:00 p.m. in the conference room of the Kings Park Library, 9002 Burke Lake Road, Burke. Call **703-691-0969**.

* **Parkinson's Disease Care Partners Support Group.** Meets on the 3rd Wednesday of the month, 7:30 p.m., at Dolley Madison Library, 1244 Oak Ridge Avenue, McLean. Call **703-891-0821**.

Grief Support Groups

* The **Church of the Nativity**, at 6400 Nativity Lane, Burke, sponsors two grief support groups:

1. General Bereavement Support Group. Meets the 1st and 3rd Thursday of the month, 7:30-9:00 p.m. Call Carol Mack at **703-455-2400**.

2. Grief Support Group for Men. Meets the 2nd Thursday of the month, 7:30-9:00 p.m. Call **703-455-2400, Ext 234**.

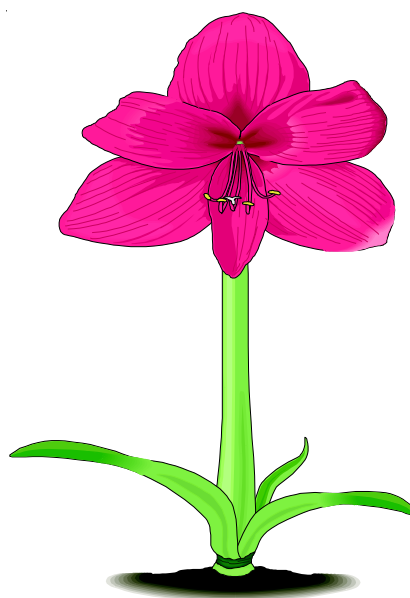
* **Haven of Northern Virginia**, at 4606 Ravensworth Road, Annandale, has two groups:

1. Widow/Widower Support Groups. One group meets on the 1st and 3rd Thursday of the month, 2:00-3:30 p.m. The other group meets on the 2nd and 4th Tuesday of the month, 7:30-9:00 p.m.

2. A Suicide Survivors' Support Group. Meets on the 1st Tuesday of the month, 7:30-9:00 p.m. Call **703-941-7000** or go to www.havenofnova.org.

Caregiver Support Group

* **Caregiver Support Group.** Meets on the 2nd and 4th Saturday of the month, 1:00-2:30 p.m. Accotink Unitarian Universalist Church, 10125 Lakehaven Court, Burke. Call **703-451-8631** or jjclement@earthlink.net.



CAREGIVER'S CORNER

Setting Goals for a Stroke Survivor From the Caregiver's Perspective

by Stephanie Mensh

When my husband, Paul Berger, suffered a stroke from a ruptured aneurysm, our lives suddenly changed forever. Our plans, goals, and dreams as individuals and as a couple came to a lurching stop. We were always positive, future-thinking people, and applied this attitude toward our new challenge—overcoming Paul's speech, language, and physical disabilities resulting from his stroke. We had plans to continue traveling... we had a goal to buy a new house... and we had dreams of a happy, fulfilling, and long life together.

Here are my five tips for caregivers to set goals for your survivor and yourself:

1. Don't say no, say how. We did not see Paul's stroke as a dead end. Instead, as his caregiver, I looked for creative ways to emphasize his strengths, and work around his disabilities. For example, Paul's aphasia makes communication difficult, especially on the phone. With a lot of repetition, Paul can learn new phrases. One of the most helpful phrases that I taught him to say was, "Excuse me, I had a stroke." This lets the other person know they might have to be a little more patient.

2. Independence is key. The most important goal—for Paul, for me as his caregiver, and for our relationship was to make Paul as independent as possible. The more independent Paul became, the more time and energy I had for other activities. Paul's increasing independence also enhanced his self-esteem. All of these efforts helped our relationship as a couple.

3. Make short-term plans fit the big picture. Paul's aphasia and right-sided paralysis left him unable to care for himself. Working with his therapists, we established short-term goals and plans for Paul's rehabilitation and my role as his caregiver that would help move us toward our longer-term personal goals. Our goals included:
Goal 1: Paul taking care of himself
Goal 2: Paul helping around the house

Goal 3: Getting out together

Goal 4: Getting out alone.

4. Hire others to help. I was only 32 when Paul had his stroke, and I had a career that I did not want to leave. Early in Paul's recovery, when he needed full-time assistance, I hired a companion to drive him to his therapy appointments, help with his home physical therapy exercises and speech homework, run errands for us, and take him to the mall or a park during the day. When I came home from work, we could share the evening together as a couple and see friends on the weekend.

5. Celebrate. When you achieve one of your goals, and are ready to start on the next, remember to celebrate the accomplishments, no matter how small or large. Stroke survivors and their caregivers—as do so many busy people these days—often become overwhelmed by their day-to-day activities and forget to take some time out to enjoy each other. Remember to celebrate the caregiver's achievements, too. Cards, flowers, a small gift, or a special meal at home or at a favorite restaurant can mark your progress.

If you are a stroke survivor or a caregiver, check the "Stroke Survivor" Website at www.StrokeSurvivor.com. In addition, the Fairfax County Health Department sponsors several stroke and aphasia groups in the Vienna and Mt. Vernon areas. Check its Website at <http://www.fairfaxcounty.gov/hd/speech-stroke.htm>, or call Shannon Kelly, 703-246-7120.

Source: Thanks to Stephanie Mensh for allowing the Golden Gazette to reprint her article. She is the coauthor of "How to Conquer the World with One Hand...And An Attitude" (Copyright (c) Paul E. Berger & Stephanie Mensh). Stephanie Mensh is a speaker and author. To find out more about her programs and services, visit www.StrokeSurvivor.com or call 703-241-2375.

COMMUNITY CALENDAR

February 6 & 13. 7:00-9:00 p.m. Setting Boundaries. Take ownership of your life by setting healthy boundaries with colleagues, friends and family. This workshop will teach practical tools that can be implemented right away to set appropriate limits, enforce them, and develop win-win situations that work. Preregistration required. \$45/member; \$60/nonmember. The Women's Center, 133 Park St., Vienna. Call **703-281-2657** or visit www.thewomenscenter.org.

February 7- 8 & 14-15. 7:00-9:00 p.m. Digital Photography. This 4-session class will teach how to select and operate a digital camera. Learn how to save and organize pictures in computer files plus how to present pictures in a slide show, an album, a calendar, and a photo CD. A camera is not needed for class participation. Experience with Microsoft Windows and word processing are rerequisites. \$60 for those who live or work in Reston; \$80 for all others. Reston Community Center, 2310 Colts Neck Rd., Reston. To register, call **703-476-4500** or visit www.restoncommunitycenter.com.

February 11. 10:00-11:00 a.m. Winter Cardinals Up Close. Enjoy a relaxing walk while looking for birds and animals that inhabit Runnymede Park during the cold season. Herndon Parkway and Elden Street (in back of Stuart Woods Apts.) \$5/family. Call the Town Natur-

alist at **703-435-6800, Ext. 2113.**

February 11. 10:00-11:30 a.m. Workshop: Multiplying Plants—Pieces of Green Spring. Nancy Olney, staff horticulturist, will demonstrate how a single plant can be transformed into many. Take cuttings from Green Spring's production houses, follow the simple techniques demonstrated, and take home multiple "starters." Your new talent will help you save money on plant purchases this spring! \$22. Must register with payment. Green Spring Gardens, 4603 Green Spring Rd., Alexandria. Call **703-642-5173** or visit www.fairfaxcounty.gov/parks/gsgp.

February 12 & 19. 11:00 a.m.-2:00 p.m. Maple Syrup Boil-Down. Watch as sap is collected from maple trees and reduced to delicious syrup over an open fire. Colvin Run Mill Historic Site, 10017 Colvin Run Rd, Great Falls. Call **703-759-2771** or visit www.fairfaxcounty.gov/parks/crm.

February 14. 10:00-11:00 a.m. Be My Valentine: Heart to Heart. The relationship between high cholesterol and heart disease is convincing. A registered dietitian will identify ways to change your diet to reduce your risk. Fairfax Hospital, 3300 Gallows Rd., Falls Church, and Mt. Vernon Hospital, 2501 Parker's Lane, Alexandria. \$20. Call **703-205-3366** or visit www.inova.com.

February 17-March 10. 11:00 a.m.-12:00 p.m. New Year-New You—Optimum Nutrition at Any Age. This 4-class series will teach you how the right food choices will improve your life. Vienna Community Center, 120 Cherry St., SE, Vienna. \$25/resident; \$31.25/non-resident. Advanced registration required. Call **703-255-6360** or download form at www.ci.vienna.va.us.

Annandale/Springfield Shepherd's Center LUNCH N' LIFE

When: Monday, March 13
11:30 a.m.-1:30 p.m.

Where: St. Albans Episcopal Church, 6800 Columbia Pike, Annandale

Program: Guest speaker, Robert Maddox, former speechwriter for President Carter

Lunch: \$5/person

RSVP: Call **703-941-1419** no later than Wednesday, March 8. Seating is limited.



*Happy
Valentine's Day!
February 14*